



DECEMBER 2016

Maryland WIC
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mid-Shore Services: Individual BF appointments are available on request for either prenatal education or follow-up after delivery. Peer Counselors and Lactation Consultant can be texted by clients between 8am & 10pm with breastfeeding questions. If phone goes to voice mail, please leave a message with the best time for a return call.			Mid-Shore WIC Program: (410) 479-8060 or 1-866-551-2139 Maryland toll free)	1	2	3
4	5	6 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	7	8	9	10
11	12	13	14	15	16	17
18	19	20 Support Group/10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700 <hr/> Support Group/4pm - 6 pm Easton YMCA/Sarah Johnson, IBCLC 443-949-5180	21	22	23	24
25	26	27	28	29	30	31 To Contact a Breastfeeding Peer Counselor near you: Dana: (410) 829-8655 [Spanish] Anjolina: (410) 829-8654



JANUARY 2017



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22/29	23/30	24/31	25	26	27	28



FEBRUARY 2017



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5	6	7 Support Group 10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste 410-822-1000, ext. 5700	8	9	10	11
12	13	14	15	16	17	18 Breastfeeding Class UM SMC at Easton, Health Education Center 9 am - 12:30 pm To reserve your space: call 410-882-1000, ext. 5231 or 410-228-5511, ext. 5231
19	20	21 Support Group/10:00 a.m. Easton Memorial Hospital outside Birthing Center Karen Van Trieste	22	23	24	25

		410-822-1000, ext. 5700 <hr/> Support Group/4pm-6pm Easton YMCA/Sarah Johnson, IBCLC 443-949-5180				
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